



Getting Ready for Multiples

Having more than 1 baby is an exciting time. You can give your babies the best possible start by taking good care of yourself now.

Take care of yourself:

- Eat healthy foods
- Drink at least 8 to 10 glasses of water a day
- Get some exercise. Ask your health care provider about how much you can do.
- Stay away from heavy work and long commutes

It is important to rest and relax:

- Rest if you are tired. Try resting on your left side.
- Take naps
- Lower your stress. Talk to a friend or a counselor.

Find people who can help:

You will need help while you are pregnant and after your babies are born. There will be too much work to do alone. You will need helpers. These may be friends, relatives, or neighbors. Find out who can help you:

- Shop
- Cook
- Do laundry
- Clean the house
- Help with your children
 - ◆ Care for your older children
 - ◆ Bathe the babies
 - ◆ Change diapers
 - ◆ Care for the babies while you sleep



Who are the people you might be able to ask for help?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



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Learn about twins and multiples:

- Ask parents with multiples for helpful tips
- Ask at the library for books on twins and multiples
- Join a Mothers Club for mothers of twins or supertwins (multiples)
 - ◆ National Mothers of Twins Clubs:
www.nomotc.org
 - ◆ MOST (Mothers of Supertwins):
www.mostonline.org
1-631-859-1110

Prepare to breastfeed:

- Breast milk is the best food for your babies. Your body can make enough milk once you start breastfeeding.
- You can provide complete nutrition for 2 or more babies
- Ask to see a lactation consultant

Help your older children get ready for the babies:

- Let them help you get baby clothes together and the crib(s) ready
- Let them know how they can help when the babies arrive

Gather baby clothes and equipment:

- Clothes
- Diapers
- Crib(s) - they can share a crib at first
- Stroller(s) - when the babies are small, you can use a single stroller for 1 baby and a baby pack for the other. Later on, you may need a twin stroller.
- Car Seats - each baby needs a car seat when they leave the hospital and every time they ride in a car
- A rocking chair can relax you and the babies. Baby swings can also be a big help.

Find ways to save money:

- Visit, or ask a friend to visit, local secondhand stores for children
 - ◆ Ask the store to call you if they find a twin/multiple stroller
- Ask your health care provider for the handout *Baby Products, Discounts, and Coupons*. It has a list of companies who help families with multiples.